

## Top Ten Things to Know While Quitting Smoking in the New Year.

# QUIT SMOKING IN THE NEW YEAR

Are you trying to quit smoking in the New Year? According to The Tobacco Dependence Program (TDP) at Rutgers University, most people who smoke regret having started and want to stop. Quitting smoking dramatically lowers the risk of illness and premature death, and often results in immediate improvements in health. However, quitting can be hard to do.

TDP outlines the top ten things smokers and their families should know when going through the quitting process – right in time for New Year's resolutions. To read the complete list, click on the following link:

<https://rwjms.rutgers.edu/documents/News/10%20ways-to-quit-smoking.pdf>

